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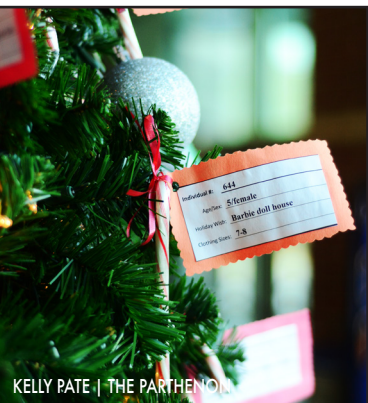


THE PARTHENON

THURSDAY, NOVEMBER 20, 2014 | VOL. 118 NO. 68 | MARSHALL UNIVERSITY'S STUDENT NEWSPAPER | marshallparthenon.com

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LEIGHA LONG | THE PARTHENON

TODAY'S WEATHER:

PROVIDED BY MARSHALL UNIVERSITY METEOROLOGY STUDENTS

Sunny and Cold Breezy

Thursday

HI 35°F LO 17°F

Sunrise 7:16 a.m. Sunset 5:13 p.m.

Meteorology

First fridge find its way to foodbank

By TAYLOR WATTS
THE PARTHENON

Facing Hunger Foodbank received funding from the American Electric Power Foundation in June to furnish the century-old warehouse with its first commercial refrigeration unit.

FHF will put the refrigerator to use for the first time 11 a.m. Thursday. It will welcome local partner agencies to pick up fresh produce, eggs, dairy and meat to stock their food pantries in time for Thanksgiving.

Within the FHF service region, more than 15 percent of the population struggles with hunger, including 36,930 children.

Cyndi Kirkhart, FHF executive

"PRIOR TO THE AEP FOUNDATION'S GENEROUS GIFT, WE WERE ONLY ABLE TO HOUSE FROZEN AND NONPERISHABLE FOOD ITEMS." -Cyndi Kirkhart

director, said the food bank has at times faced some limitations with its current warehouse.

"Prior to the AEP Foundation's generous gift, we were only able to house frozen and nonperishable food items," Kirkhart said. "The addition of

the refrigerator will allow us to incorporate a more diverse range of foods into our inventory."

Kirkhart said healthy food items, such as fresh produce, are often times the most costly and difficult items for the individuals served by FHF to access.

A focus on healthy foods has been incorporated into the organizations overall operations, and Krikhart said this donation directly furthers that goal.

Steve Stewart, AEP's external affairs director, acknowledged the impact the food bank has on the community.

"We're so glad to be able to support the important work of the Facing Hunger Foodbank," Stewart said. "The AEP Foundation has placed a priority on making sure the basic needs of West Virginians are met."

Taylor Watts can be contacted at watts164@marshall.edu.



PHOTOS BY BRITANIE MORGAN | THE PARTHENON

SEX COMMUNICATION WORKSHOP TO TEACH BOUNDARY RESPECT

By AUNDREA HORSLEY
THE PARTHENON

A sex communication workshop will take place 7 p.m. to 9 p.m. Thursday in room BE5 of the Marshall University Memorial Student Center.

Jocelyn Gibson, president of the Women's Studies Student Association, helped organize the event.

"We are hoping that a lot of people come out," Gibson said. "In the past, we have not had a lot of luck with consent workshops. I think it kind of scares people away. They think it's not something that they need or that it applies to them. We re-titled it as a sex communication workshop in hopes that more people will be involved."

The workshop will focus on ways to consent in daily life, as well how to communicate with partners.

"We have a lot of information for people," Gibson said. "We are going to go over consent in daily life, which is kind of a weird thing, and isn't something that people really think about. I think we most closely relate consent to how people react with children. Some people think its okay to just pick up somebody's kid or force a kid to be nice to somebody that they don't feel comfortable around. That is something that we try to emphasize that there are times in adult life when you would rather somebody not talk to you, or get too close to you, and

we don't always teach people to respect those boundaries. That is something that we can apply to everyday life and obviously, there will be information about sex. I think we are going to have some condoms and representatives from the WVFree and WISE programs talking to people as well."

Gibson said she is most looking forward to having a big crowd at the event.

"I am excited to have a big crowd," Gibson said, "and help people learn some things that they may not know or new techniques for speaking with their partners and safety."

Aundrea Horsley can be contacted at horsley9@marshall.edu.



MARSHALL HELPS COMMUNITY THROUGH HOLIDAY WISH TREE EVENT

By KELLY PATE
THE PARTHENON

Marshall University's First Year Residence Halls and Marshall Rec Center have teamed up with local organizations to provide the community with holiday gifts this season.

Three trees, one in the lobby of the Marshall Rec Center and one in each lobby of the First Year Residence Halls, are set up with wish tags from various agencies for those in need this Christmas season.

Givers may collect tags and return un-wrapped gifts to that same location with the tag attached to help someone in need. All items must be dropped off by Dec. 10.

Dan Belcher, facility and operations coordinator for the Rec Center, said this event is a great way for Marshall to give back to the community.

"This program is a way for students and other members of Marshall to see and respect that there are others in the community outside of Marshall," Belcher said. "Most of the gifts that are available to buy will benefit children and young adults, so students should feel connected to them."

Belcher said in the past two years, Rec the Halls has been a way to keep in touch with the agencies that help people in the tri-state. They have been able to give out

more than 500 gifts to those in need.

The organizations involved are NECCO, Pressley Ridge, Lily's Place, Big Brothers/Big Sisters, Branches Domestic Violence Shelter, Golden Girl, A.D. Lewis Community Center and Ronald McDonald House. The wishes were made by local children and submitted through each agency. Each organization has submitted anywhere from 20-100 wishes each.

Amanda McComas, executive director of Branches Domestic Violence Shelter, said this is the organization's first time being involved in this event.

"We are honored that Marshall would include us in such an event," McComas said. "I believe this event will be very beneficial to the community, and I am excited to see what can happen through it."

Contributors should not worry about wrapping the gifts, as the Rec and FirstYear Residence Halls will take care of wrapping with the help of volunteers.

A wrapping party will be at 10 a.m. Dec. 12 at 10 a.m. to wrap the gifts. Volunteers will be rewarded with snacks and drinks while enjoying one another's company in a festive atmosphere.

Kelly Pate can be contacted at pate20@marshall.edu.

One of the trees resides in the lobby of the Rec Center. Givers may collect tags and return un-wrapped gifts to that same location with the tag attached to get their gift to a child in need. Trees are also located in the lobby of the First-Year Residence Halls.

KELLY PATE | THE PARTHENON

POLICE BLOTTER

By TIM CARRICO
THE PARTHENON

All information was provided by the Marshall University Police Department.

Joy Riding

MUPD was called at 11:45 a.m. Nov. 10 to the Third Avenue parking garage after a female student claimed her vehicle was missing. The police said the victim's Nissan Altima went missing from the parking garage, after the victim let her 21-year-old boyfriend stay in the car. The victim told police her boyfriend was going to sleep in the vehicle because he was banned from the dormitories. Police said the victim and police attempted to call the suspect, but could not get a response. After several calls, police were able to get in touch with the suspect via telephone. The suspect told police he had parked the vehicle in a different parking lot. MUPD was able to find the vehicle and the suspect. When MUPD tried to question the suspect, he walked away. Police officers tackled the suspect after he became belligerent and threatened the officers. The suspect is charged with joy riding and two counts of assault on a police officer.

The suspect's name was not released.

Petit Larceny

MUPD was called at 9:53 a.m. Nov. 13 to the Twin Towers East dormitory after a student claimed his iPhone 6 was missing. Police said the student woke up in the middle of the night to use the bathroom. The victim claimed he took his cell phone with him to the bathroom and placed it on top of the toilet paper roll. Police allege the victim left his cell phone in the bathroom. Hours later, the victim realized his cell phone was missing and contacted MUPD. Police said interviews were conducted and no witnesses have come forward. No arrests have been made in this case.

Stolen Plate

MUPD was called at 12:39 p.m. Nov. 15 to the Sixth Avenue parking lot after a student claimed her license plate was stolen from her vehicle. MUPD said the license plate was stolen from the victim's 2006 Ford Explorer between Nov. 8 and Nov. 15. No arrests have been made in this case.

Tim Carrico can be contacted at carrico26@marshall.edu.

Ronald McDonald House presents Cookies with Santa and superheroes



By TAYLOR WATTS
THE PARTHENON

Ronald McDonald House Charities of the Tri-State will host Cookies with Santa and Superheroes from 10 a.m. to 12 p.m. Dec. 13 at the First

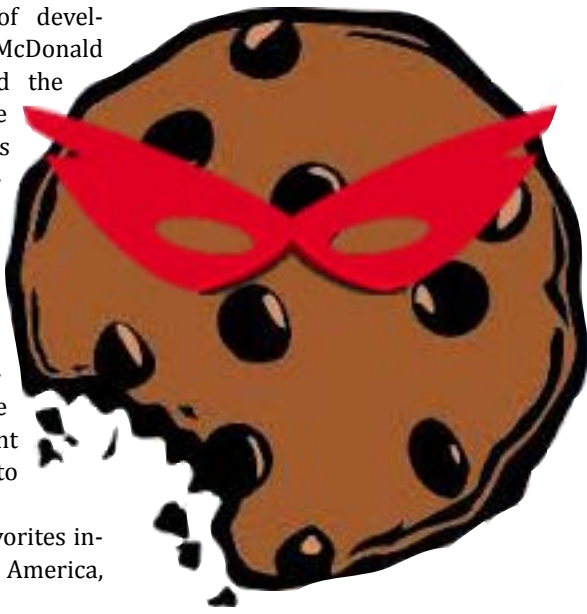
Presbyterian Church in Huntington.

The fundraiser for the houses and costs \$5 per person. There will be cookies, hot chocolate and an opportunity to take pictures with Santa and superheroes from Heroes4Higher.

Jaye Toler, director of development for Ronald McDonald House Charities, said the event is open to the public and he hopes it will become an annual fundraiser.

"Children are our mission at Ronald McDonald House," Toler said. "So, it seemed appropriate to host a fundraiser centered on them. We tried to keep the price at a point that would keep it accessible to the entire community."

The event will have all the favorites including Santa, Batman, Captain America, Catwoman and more.



The proceeds will benefit Ronald McDonald House, a home away from home for families with children facing life-threatening illnesses.

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SPORTS

THURSDAY, NOVEMBER 20, 2014 | THE PARTHENON | MARSHALLPARTHENON.COM

Marshall's equestrian team competes in second show of the year



Kelsey Willis, (left) Kylie Swain, Pam Watts, Andrea Withee and Christine Proffitt compete in their second show of the year Nov. 8 and 9 in Midway, Ky. PHOTOS BY MARSHALL EQUESTRIAN TEAM

By **BRADLEY HELTZEL**
THE PARTHENON

The Marshall University equestrian team competed against 10 other schools in its second show of the year Nov. 8 and 9 in Midway, Kentucky.

The team was represented by four riders: Christine Proffitt, Kylie Swain, Andrea Withee and team co-captain Kelsey Willis. The riders collected a total of four ribbons for the competition.

Swain captured the second place ribbon for her performance in novice jumping, while Proffitt placed fourth in the advanced flat class, which consists of walk, trot and canter. Withee displayed good poise in her first show with the team as she collected fourth and sixth place ribbons in beginner level flat classes.

Willis said she thought Withee was nervous, but also said everybody gets nervous before shows, including herself, and she has been showing for three years.

"Getting nervous isn't necessarily a bad thing," Willis said. "It's a good thing because it keeps you attentive."

She also said that once Withee got adjusted and comfortable

with the showing process, she became more confident and performed very well.

"After Andrea had the first day under her belt," Withee said. "I think she was feeling a lot better about herself, and her abilities, going into the second day."

Willis also said despite the hectic process of preparing for the show, such as figuring out traveling situations and booking hotels, the team relaxed and enjoyed themselves once they actually got to the show.

"Once we get there, I mean it's all fun and games," Willis said. "It's a serious sport, but you have to have some fun with it."

Willis said she was pleased with the performance by each of the girls and said she thought the team did very well, especially when considering the inexperience of the team at this point in the year. She said that even experienced riders like Proffitt, who was on the team last year, are just getting back into riding since summer break.

The team is not scheduled to compete in another show until February, which Willis and fellow co-captain Sarah McComas view as an opportunity for members of the team to become

more comfortable and gain more experience learning the subtleties of riding.

Willis and McComas agreed that learning the refined skills of adjusting to different horses is something riders adapt to over time.

McComas said because these advanced skills can't be taught, their coach prioritizes proper techniques of understanding the core position when riding.

"The main things we hear over and over are keep our heels down and our eyes up, shoulders back, just stuff like that," McComas said. "Basically, it's about your posture."

As the newer members of the team develop their riding techniques and overall understanding within the sport, the team should be better equipped for their next show. McComas, Willis and the other veteran members of the team have assisted in the learning curve of the less-experienced riders. Most importantly, however, the girls are enjoying themselves as a team while continuing their passion for the sport.

Bradley Heltzel can be contacted at heltzel@marshall.edu.



Marshall's equestrian team competes in Midway, Ky.



Kylie Willis takes second place in novice jumping Nov. 8 and 9 in Midway, Ky.

THE PARTHENON

The Parthenon, Marshall University's student newspaper, is published by students Monday through Friday during the regular semester and Thursday during the summer. The editorial staff is responsible for news and editorial content.

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Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people to peaceably assemble; and to petition the Government for a redress of grievances.

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Around
the State

Childhood obesity is a
problem we all bear

THE MARTINSBURG JOURNAL (AP)

West Virginians — particularly children — are going in the wrong direction when it comes to obesity and chronic health problems such as Type 2 diabetes or high blood pressure.

During the past couple of weeks, politicians have been especially busy attempting to convince us they can solve virtually every problem. Conversely, their opponents must be the source of every woe.

But as is the case with so many challenges, politics has little to do with obesity.

Here in West Virginia, children whose health is being affected by their weight are an increasing concern. In fact, Dr. Jamie Jeffrey, medical director of the Healthy Kids Pediatric Weight Management Program at Charleston Area Medical Center, said that, though her specialty is pediatrics, she has had to go back to school to learn how to treat diabetes and hypertension.

Jeffrey makes the point that the epidemic of pediatric obesity in the Mountain State is a multi-faceted problem, one for which everyone must be involved in finding a solution.

"I think, like anything complex, it's everybody's job," she said in a published report. "I wish we would get off pointing fingers by saying

it's school lunches, it's sugary beverages, it's a lack of physical activity in school, it's the computer generation. It's all of that if you're looking at population health."

And so, for example, Jeffrey explains that hospitals, which should be setting the bar, can often be difficult places to find healthy foods. Fast food restaurants and convenience stores, which can take the place of farmers' markets and larger grocery stores for those who live in areas where distance and transportation can be a problem, often provide the bulk of what some parents are able to feed their children. Food and beverage companies continue to manipulate labels in such a way as to confuse consumers instead of informing them.

While the buck still stops with the parents or guardians providing food for West Virginia's kids, Jeffrey is correct in believing we must all get on board.

"We've got to make systems change," she said. "We've got to take it one step at a time and work through that socio-ecological model to get to culture because, until we get to that culture change, nothing is going to happen."

And if we do not, the costs may be more than we are prepared to bear.

Happy Thanksgiving,
from The Parthenon!

Editorial

Take a tech-break, enjoy time off,
come back with a fresh perspective

We are all ready for the upcoming week off from classes, and we are probably telling ourselves this will be the week we accomplish all those things we haven't gotten around to during the semester: neglected homework, unfinished novels and incomplete crochet projects.

But what are we really going to do on those five days of freedom? Check Facebook and Instagram to see what everyone else is eating? Play Candy Crush? Watch Netflix? Yeah, that's probably it.

While it does seem appealing to just zone out in front of one or several screens, there are better ways to spend the time, arguably, more relaxing ways.

As students, we spend the majority of

our days planted in front of computer screens, and if we aren't in front of a computer we are likely looking at our phones. Sometimes, we are looking at both.

This time off from classes could be used to recharge from our constant exposure to screens. Pick up a book, start a craft or hobby and talk to the people around you instead of texting the ones who aren't.

Anyway, Thanksgiving is a time to be grateful for what we have, and social media can often result in feeling ungrateful so it might be easier to appreciate what is right in front of us if we aren't seeing everyone else's good fortune through a filtered lens.

Honestly, we are overwhelmed during

the semester, especially this close to finals and the time off can either give us the break we need or it can become consumed in chaos. It is up to you how you want to spend it. Too much attention to electronic gadgets can leave you feeling anxious or overwhelmed, especially if friends are blowing up your newsfeed with pictures of their holiday plates.

Spending the week tech-free will leave you feeling refreshed and ready to finish up the semester with a newfound determination. If you have homework to do, try to finish it over the weekend, so you can leave the laptop behind and unplug from Thanksgiving break and plug into relaxation and calm.



Take a break from all your technology during Thanksgiving break.

AP PHOTO | DAVID BECKER | FILE

Column

My imperfect thanks

"That for which I was thankful in the past, I now assume to be my right. Are we really that fickle?"

By GARY WELTON
CENTER FOR VISION AND VALUES

Christian psychologist David Myers, in his writing and speaking about happiness, has suggested that long-term human happiness is not particularly dependent on our wealth or health. If you tell him that a year ago one person won millions of dollars in the lottery and another became paralyzed, you've given him no sense of their current happiness. We quickly adapt to our current context, and in the year since the lottery winnings and the accident, these individuals are no longer especially happy because of their money or overly saddened by their loss of movement.

For example, a 65-degree day in March is gorgeous; a 65-degree day in July is chilly. We become habituated to our recent experiences.

Perhaps this explains why so many of us find it a challenge to be thankful. That which was a pleasant and gracious act last year quickly becomes an expected entitlement. That for which I was thankful in the past, I now assume to be my right.

Are we really that fickle? I am. I have been blessed with incredible health, yet I have never appreciated it. I have only taken it for granted. Only when I am ill do

I recognize the incredible gift I have been given.

Going back to weather, perhaps this explains the benefit of living through the four seasons. Maeve Binchy wrote in her short story, "Holiday Weather," describing a rare beautiful day in her Irish countryside, "Thank God we don't get weather like this all the time. It would not be a green island, and we'd be so used to it we wouldn't be calling out our thanksgiving to the very heavens as we are today."

On a similar theme, in her novel "Whitethorn Woods" she writes, "If sunsets were universally scarlet and gold, then we wouldn't value them at all."

I live in a weather system dominated by clouds and precipitation. It is no accident that many of the experts on seasonal affective disorder live in and around the Mid-Atlantic region. Seattle might have more rainy days, but they also have more sunny hours. As someone once told me, "When you live in the Mid-Atlantic, you will have to teach your children sunshine as an abstract concept."

It seems that I need the four seasons and the long and cloudy low-pressure systems to help me appreciate the sunshine in my life. If I lived in a sunny climate, I would just complain about the

lack of shade. In fact, I live in a highly developed society, and I take those benefits for granted. I work in a pleasant office, and I complain when the air conditioning goes down for an hour.

I paraphrase Maeve Binchy's words to say: "Thank God we don't have perfect lives every day. It would not feel special; we would feel personal entitlement. We wouldn't be calling out our thanksgiving to the very heavens as we are today."

Today, I will be thankful for my early morning cup of coffee, though I drink it every day. I will be thankful for my wife, though I express it far too seldom. I will be thankful that my car starts, though I don't understand the mechanics. I will be thankful that the traffic was light and that my drive to work included no stop lights. I will be thankful for a choice among prime parking spaces. I will be thankful that I have an umbrella. I will be thankful for work responsibilities that are predictable and manageable, though sometimes they become routine. I will be thankful that I feel better than I did last summer. I will be especially thankful if I don't need the umbrella. And if it is rainy, I will start complaining all over again.

I admit it. I am one unthankful brute. Where's the food?



J'LEIGHA LONG | THE PARTHENON

Knowledge is Power

Student reaches for the stars with multiple degrees

By J'LEIGHA LONG
THE PARTHENON

"Stopping at one degree just wasn't for me," said Mengistu Jima from Addis Ababa, Ethiopia.

Mengistu Jima first began his college education at Marshall University in 2010 in the LEAP program, which has since become a part of INTO Marshall.

"I came across a cultural shock when I first came to Marshall University because people were so free, they expressed their feelings," Jima said. "So, I had to adapt. Now I am free to be free."

Jima said she chose to attend Marshall when a friend, who also attended the school, recommended it to him.

"I learned about West Virginia through the song, 'West Virginia Mountain Mama' by John Denver," Jima said. "The song described it as a beautiful place, so I researched schools, and Marshall was my choice."

Jima said he came to the United States to see if the education was different from his home country.

"The difference between the education here, and the education in Ethiopia, is here in the United States, they'll give you feedback, and that helps you advance in your profession," Jima said. "It helps you critique. In Ethiopia the professor gives you a lecture, then you are the one to memorize it. Here, there are two people communicating back and forth, instead of it just being the students responsibility to teach themselves the lesson."

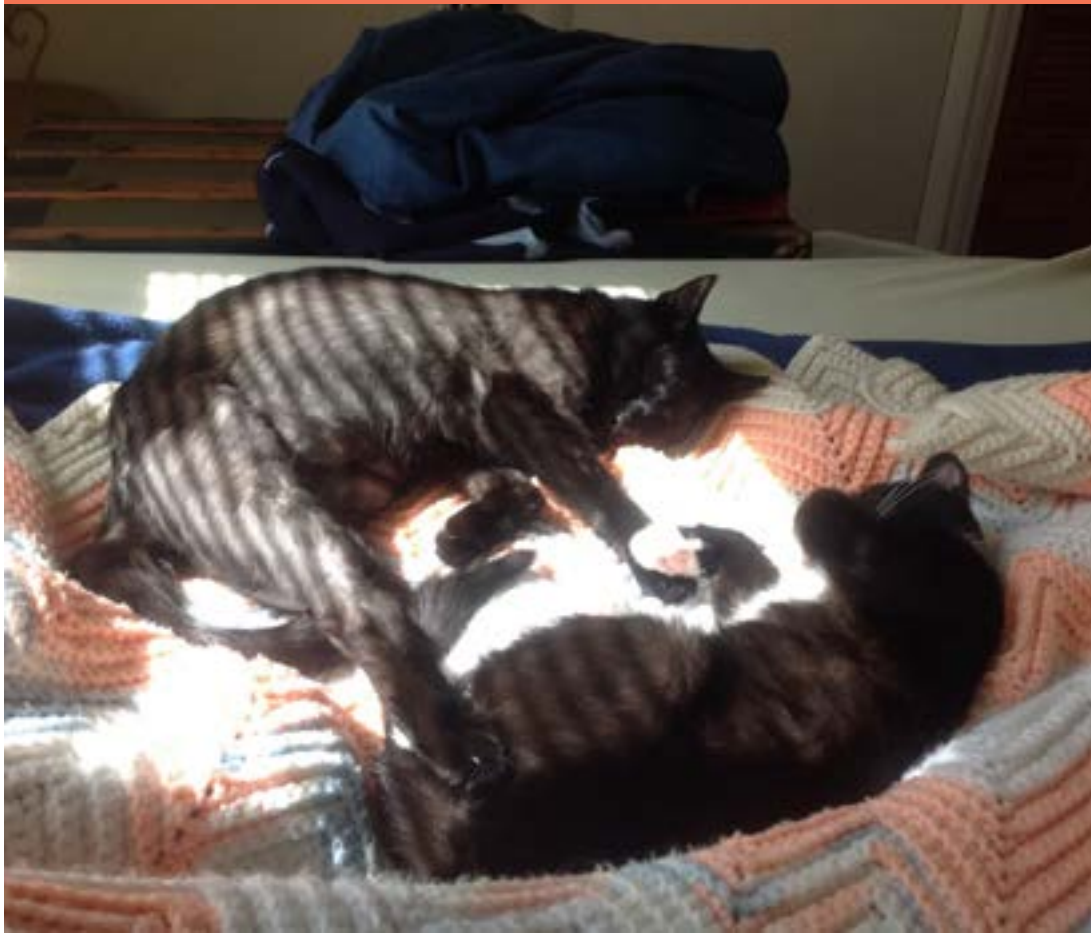
Jima got his bachelor's degree in geography and environmental study in 2004, a bachelor's degree in foreign language and literature in 2008 and a minor in political science. He also has a degree in adult and technical education.

Jima is currently working on his second masters in environmental science and geographic information systems. He plans to graduate in May.

"You can never get too many degrees," Jima said. "When I came to Marshall University I told myself I could do all things I set my mind to."

J'Leigha Long can be contacted at long160@marshall.edu.

Pet of the Week



Meet Reggie (top) and Muffy (bottom)! Reggie and Muffy love to curl up to sleep together, except at 4 a.m., then they run the house.

Do you have a furry (or not) friend? Send a picture with caption to parthenon@marshall.edu or tweet to @MUParthenon with #ParthePets to have your pet featured as Pet of the Week, published every Thursday.

#ParthePets

Library of Congress honors Billy Joel with Gershwin Prize for Popular Song



Billy Joel holds up the Library of Congress Gershwin Prize for Popular Song at the end of a concert in his honor Wednesday at DAR Constitution Hall in Washington.

AP PHOTO | CAROLYN KASTER